



# WARREN SENIOR CENTER

P.O. BOX 428, 2252 MAIN ST., WEST WARREN, MA. 01092

413-436-5662 - [WWW.WARREN-MA.GOV](http://WWW.WARREN-MA.GOV)

EMAIL: WARREN\_SENIORCENTER@COMCAST.NET – ELDER BUS SERVICE: 1-800-321-0243

**MISSION STATEMENT:** The mission of the Warren Council on Aging is to identify the needs of the elders in our community, provide preventative health and educational programs, social and recreation activities and give assistance to the homebound through referrals.

**“This institution is an equal opportunity provider, and employer.”**

APRIL 2016

## THE DIRECTORS DESK

Have you ever wondered how April Fool's Day started? I have, and I am sad to report that its origins will remain a mystery, although upon some research one theory stood out as a possibility. In 1582; Pope Gregory XIII ordered the use of the Gregorian calendar in which we celebrate the New Year on Jan 1 instead of April 1<sup>st</sup>. Many people continued to observe April 1 as the New Year either because they were unaware of the change, or they refused to observe it, so they were thought to be fools. Whatever the reason, it is always a fun day filled with good natured jokes and teasing!

Sharon



## UPCOMING EVENTS

**April 3 ...**Free Spaghetti Dinner from the Chief of Police 12:00 PM

**April 5...**Hypnosis Presentation 10:45

**April 7...**Foxwood trip

**April 10...** Senior Club trip to Providence Theater to see “RAG TIME”

**April 12...**Country Bank Presentation 11:00 am

**April 13...** Coffee with the Chief 10:30-11:30

**April 13...**Foot Care Clinic call for apt.

**April 14...** Whist Party and Penny sale

**April 15...** Paint n Sip sponsored by the West Warren Library 6-9 pm

**April 18...**Center Closed for Patriot's Day

**April 19...** Heritage Hearing 12 to 2

**April 25...**Senior Coloring 12:30-1:30

**April 26...** Iris Paper Folding with Babs 10:00 a.m.

**April 28....**Birthday Party Featuring “Chet Kurr” sign- up at the Warren Senior Center. *Cut off is Friday 4/22*

**April 29..** All Ages Coloring 6:30-8:30

Hours of Operation: Mon. – Fri. 8:00 am to 3:00 pm

## APRIL 2016

Please call in for lunch the morning of by 10:00 am, unless otherwise specified

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice  Dessert, milk & coffee included with meal		Please sign up the day before for Liver & Onion.  Bingo 12:45 pm	Tia Chi 10:30 am Line Dancing 6:00	1 Garden Salad  Pizza  Bingo 1 PM
4 Corned Beef Hash Mixed Vegetable Rolls  Pitch 5:45 pm	5 Garden Salad Cheese Ravioli w/ Sauce  Cribbage 1 pm	6 Chicken Broccoli Braid w/ Strawberry Spinach Salad  Bingo 12:45 pm	7 Janik Kielbasa Potato & Vegetable  Tia Chi 10:30 am Line Dancing 6:00	8 Fish & Chips Corn Cole Slaw & Rolls  Bingo 1 PM
11 Chicken Soup Chicken Patty & Rolls  Pitch 5:45 pm	12 Liver & Onions or Substitute  Cribbage 1 pm	13 Garden Salad  Lasagna  Bingo 12:45 pm	14 Hot Dogs W/ Rolls Baked Beans & Oven Fries Tia Chi 10:30 am Line Dancing 6:00	15 Clam Chowder Tuna Rolls Chips  Bingo 1 PM
18 Closed for Patriot's Day  Pitch 5:45 pm	19 Garden Salad Chicken Pot Pie  Cribbage 1 pm	20 Soup B L T's Chips  Bingo 12:45 pm	21 Janik Kielbasa Cabbage w/ Noodles Vegetable  Tia Chi 10:30 am	22 Salmon Loaf Vegetable & rolls  Bingo 1 PM
25 Hamburgers w/rolls Potato Salad  Pitch 5:45 pm	26 Grilled Ham Potatoes Vegetable & Rolls  Cribbage 1 pm	27 Garden Salad Spaghetti & Meatballs Bingo 12:45 pm	28 <b>Birthday Party</b> <b>Turkey Dinner</b> <b>Potato, Vegetable &amp; Rolls</b> <b>Cake &amp; Ice Cream</b>	29 Chefs surprise



## APRIL BIRTHDAYS

1-GAIL WINDERS  
2-ALFREIDA GILL  
3- MARIE OSTIGUY  
6-ANDREA BERGERON  
6-PAUL BERRY  
6- JIMMY MERRITT  
8-ALBERT THEBERGE

8-EVELYN  
VEITENHEIMER  
9-LEO ASSELIN  
9-LUCILLE BOUDREAU  
14-FLORENCE RITZER  
15-HAZEL QUIRION\*  
20- CHARLOTTE LIZAC

21-BARBARA MORIN  
22-LOUISA CURTIS  
23-LILLIAN HICKEY  
24-PEARL MAJOR  
25- MARLENE DOWNING  
27-ROBERT BEAUDRY  
29- TOM WELCH

### WHIST PARTY

Come join us for our annual Whist Party and Penny sale! April 14, 2016. The Penny sale starts at 3:00pm, Whist Party starts at 7:00 pm. lunch is included, tickets are.99 cents each, and are available at the Warren Senior Center, or at the door.

### Heritage Hearing Care of New England

April 19 from 12:00 to 2:00 Hearing Screening/Hearing Aid check/clean or service (any brand) able to check ear wax build up with a video otoscope Hearing Aid Batteries \$3.00 for a package of four (4) sign up at the Warren Senior Center

### Hypnosis Presentation

Basil A. Roman and Donna Lee Honeywell of Align Hypnosis, Inc. will be giving a presentation Tuesday, April 5 at 10:45am at the Warren Senior Center. Hypnosis can be used to help you manage chronic pain, lose weight, quit smoking, reduce anxiety and overcome various phobias. During this presentation you will get an overview of what Hypnosis is and isn't.

### Senior Adult/All ages Coloring class

April 25th from 12:30 to 1:30, for senior class and April 29<sup>th</sup> from 6:30 to 8:30 for all ages. Materials provided free! Join in the National coloring craze! Coloring isn't just for kids anymore! Sponsored by the Warren Public Library and the Warren Senior Center, come join the fun and relax with friends!

### Council on Aging

There are three (3) openings for the Council on Aging. Interested individuals must submit a letter of interest by May 1, 2016 to Warren Council on Aging P.O. Box 428 West Warren Ma. 01092. The Council on Aging will select the best candidates for the positions. The names are then submitted to the Selectmen for final approval.

### Reminder

Please do **NOT** park in front of the Village Market during the Birthday Party, or any event held here at the Senior Center. Thank You



## THE WARREN SENIOR CLUB

Is sponsoring a trip to The Providence Performing Arts Center to see  
“**RAG TIME**” April 10<sup>th</sup> Leaving  
Lizaks Bus Comp. at 10:30 SHARP!

Cost is \$60.00 includes meal  
Payment due at the time of sign up  
limit 47 people SEE GAIL WINDERS  
TO SIGN UP

## VOLUNTEER CORNER

Here at the Warren Senior Center we are fortunate to have many devoted volunteers that keep this center running like clockwork. This month our spotlight is on Tracy Mazur, though she volunteers and belongs to many organizations, too numerous to mention, she always has time for our center. Tracey is the Recording secretary for our Council on Aging, she runs several arts and craft programs, and still finds time to help out anytime we need her. Tracy is Cheerful, enchanting and a pure delight to be around. It is refreshing to find such a treasure in this fast paced world. THANK YOU TRACY!!!!

### Council on Aging Executive Board

Jean Lavash, Chairman

Richard Pisarski, Vice Chair

Tracey Mazur – Recording. Secretary

Peggy Bernard, Treasurer

Barbara Keith

Leona Wrobel

Gail Winders

### Senior Center Staff

Sharon Meli, Director/Editor

Charlene Disley, Lunch Coordinator

Cheryl Gagnon, General Helper

Albert Theberge, Maintenance

Maire-Brigid Bresnahan, Outreach Worker

Roberta Harnois, Transportation

## Birthday Party

Our April Birthday Party will be held on Thursday April 28th. Sign up is required, cut off is Friday the 22nd at 2:00 pm. The meal, Turkey Dinner, will be served at 11:45. Entertainment is by “Chet Kurr”. This program is supported in part by a grant from the Warren Cultural Council, a local agency which is Supported by the Massachusetts Cultural Council, a state agency



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